

Autumn 2015 Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti bolognaise	Chicken Madras Homemade Naan bread	Traditional roast beef	Sweet and sour chicken noodles	Crisp Fiery Battered Fillet of Fish Homemade Tartare Sauce
Macaroni 'Double Cheese'	Chick Pea curry Homemade Naan bread	Vegetarian quiche	Stir fry vegetable noodles	Selection of vegetarian pizza
Garlic bread	Pilau rice Plain rice	crispy roast potatoes		Chunky chips
Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw
Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit

EAT

LEARN

LIVE

Autumn 2015 Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of pork or chicken sausages	Chicken Dhansak Homemade Naan bread	Bar B Q chicken leg or plain Roast Chicken leg	Quiche Lorraine	Crisp Fiery Battered Fillet of Fish Homemade Tartare Sauce
Quorn sausages	Vegetable Curry Homemade Naan bread	Penne Pasta and Seasonal Vegetable Bake	Roasted Pepper and onion Quiche	Selection of vegetarian pizza
Mash potatoes	Pilau rice Plain rice	Vegetable cous cous	Roasted new potatoes	Chunky chips
Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw
Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit	Choice of Jelly pot Ice cream Smoothie Jublee a piece of Fresh Fruit

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Autumn 2015 Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cottage Pie	Chicken Jalfrezi Homemade Naan bread	Roast turkey crown	Bar B Q chicken noodles	Crisp Fiery Battered Fillet of Fish Homemade Tartare Sauce
Vegetarian cottage pie	Lentil Curry	Cheese, Leek and Potato Pie	Stir fry vegetable noodles	Selection of vegetarian pizza
	Pilau rice Plain rice	Roast potatoes		Chunky chips
Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw	Seasonal vegetables Or a Mixed Side Salad Or coleslaw
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